

Eat Smart. Play Hard.™

Power Up Moves





Nothing beats

(cross hands in front)

Eating smart

(rub belly)





**It's good for
your head,**

(point to head)

**And good for
your heart.**

(cross hands over
chest)





**Hands up
high,**

(jazz hands in air)

**Feet down
low,**

(march in place)





**Shake your
body.**

(shake entire body
up & down)

**Don't move
too slow!**

(continue shaking)

Nothing beats

(cross hands in front)





Playing hard

(arm curls)

**At home, at
school,**

(thumbs up to the
right)





**Or in the
yard.**

(thumbs up to the
left)